

Hoppin' John (Sausage, Black-Eyed Peas, and Rice)

Rating: ★★★★★

Makes: 4 Servings

Ingredients

- 1/2 cup brown rice, instant uncooked (or white rice)
- 1 teaspoon canola oil (or corn oil)
- 3 ounces low-fat smoked turkey sausage ring, quartered lengthwise and cut into 1/4-inch pieces (lowest fat and sodium available)
- 1/2 red bell pepper, medium chopped
- 1 jalapeño pepper, medium (seeded and finely chopped)
- 1 can black eyed peas, no salt added (rinsed and drained)
- 1/2 cup water
- 1 teaspoon salt

Directions

1. Prepare the rice using the package directions, omitting the salt and butter/margarine.
2. Meanwhile, in a medium non-stick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the sausage for 3 minutes or until richly browned, stirring frequently.
3. Stir in the bell pepper and jalapeño pepper. Cook for 1 minute.
4. Stir in the peas, water, and salt. Cook for 2 minutes, or until the mixture is thickened slightly but some liquid remains. Remove from the heat.
5. Let stand, covered, for 5 minutes so the flavors bend. Stir in the rice. Transfer to a serving bowl.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	4.5 g	
Protein	9 g	
Carbohydrates	30 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	340 mg	

